

State of the Heart

Cardiovascular Disease in South Carolina



Burden of Disease:

- Nearly one million Americans die each year from cardiovascular disease (CVD), which includes heart disease, stroke, high blood pressure, congestive heart failure, and other diseases of the circulatory system.
- CVD is South Carolina's leading killer for both men and women among all racial and ethnic groups.
- During 2000, 13,679 South Carolinians died from cardiovascular disease—more than the total number of people who died from all cancers, pneumonia, influenza, and car accidents combined.
- Heart disease and stroke accounted for 44,291 hospitalizations in South Carolina during 2000, with a total hospitalization cost of more than \$937 million.

Risk Factors for South Carolinians:

Smoking

- Cigarette smokers have a 70 percent greater chance of dying of heart disease than nonsmokers.
- One out of every four adults in South Carolina smokes.
- Smoking contributes to 25 percent of heart disease deaths each year.

Overweight

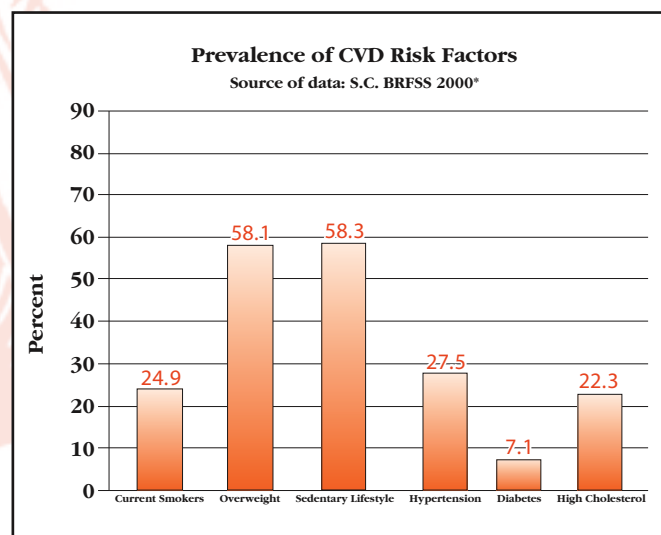
- More than half of South Carolina adults are overweight or obese.
- Being overweight contributes to 32 percent of heart disease deaths each year.

Sedentary Lifestyle

- Less active, less physically fit persons have a 30 percent to 50 percent greater risk of developing high blood pressure.
- Physical inactivity contributes to 27 percent of deaths from heart disease annually.
- Approximately 58 percent of adults in South Carolina are irregularly active or inactive.
- Physical inactivity is more common among women than men.

Hypertension (High Blood Pressure)

- People with hypertension (high blood pressure) have three to four times the risk of developing high blood pressure.
- High blood pressure contributes to 30 percent of heart disease deaths each year.
- One out of every four adults in South Carolina has high blood pressure.



* South Carolina Behavioral Risk Factor Surveillance Survey

Diabetes

- Two-thirds of people with diabetes die of heart disease or stroke.
- Diabetes contributes to 13 percent of heart disease deaths each year.
- One out of every 14 South Carolina adults has diabetes.

High Cholesterol

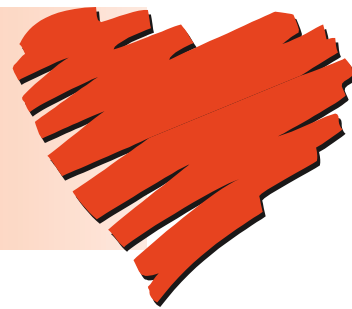
- Lowering blood cholesterol results in a two-fold reduction of heart disease risk.
- High cholesterol contributes to over 4,000 deaths from heart disease in South Carolina each year.
- High cholesterol affects 22 percent of South Carolina adults.

Estimated Economic Cost of CVD in the United States in 2002

\$199.5 billion in direct costs (i.e., physicians, hospital, medications)

\$129.7 billion in indirect costs (i.e., loss in productivity)

Stroke in South Carolina



Burden of Disease for South Carolinians:

- Stroke is a leading cause of serious, long-term disability in the United States.
- South Carolina leads the nation in stroke death rates and is among the group of Southeastern states with high stroke death rates that is referred to as the "Stroke Belt."
- Stroke is the third leading cause of death in South Carolina, resulting in 2,924 deaths in 2000.
- African-Americans are more than 40 percent more likely to die from stroke than Caucasians in South Carolina.
- Stroke resulted in 14,547 hospitalizations in South Carolina during 2000.

Modifiable Risk Factors for Stroke:

- High blood pressure
- Cigarette smoking
- Diabetes
- Heart disease
- Poor eating habits
- Physical inactivity

How to Reduce Your Risk of Stroke:

- Get your blood pressure checked.
- Stay active.
- Eat a healthy diet.
- Use less salt.
- If you drink alcohol, drink in moderation.
- Get your cholesterol level checked.
- Stay smoke-free.

WARNING SIGNS OF STROKE:

- Sudden weakness or numbness of the face, arm or leg on one side of the body.
- Loss of speech or trouble talking or understanding speech.
- Sudden dimness or loss of vision, particularly in one eye.
- Unexplained dizziness, unsteadiness or sudden falls, with no previous symptoms.
- Sudden, severe headaches with no known cause.

Economic Cost of Stroke:

- Hospitalization costs for stroke totaled more than \$222 million in 2000 for South Carolina.
- The total cost of stroke in the United States in 2002 is estimated at \$49.4 billion (both direct and indirect costs.)

For more information on cardiovascular disease prevention in South Carolina contact:

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